

WELCOME

Holistic Healing for Mind, Body & Spirit

How do I know what services best fit my needs?

Whether you are coming in for Acupuncture, Psychotherapy, Biofeedback or a related service, an initial assessment will determine what other modalities may be beneficial. Recommendations will be made based on professional evaluation and treatment goals. Treatment programs may be altered based on progress or changes in condition. Please ask about any modalities you may be interested in.

How do I know when to ask for more time or inquire about additional treatment options?

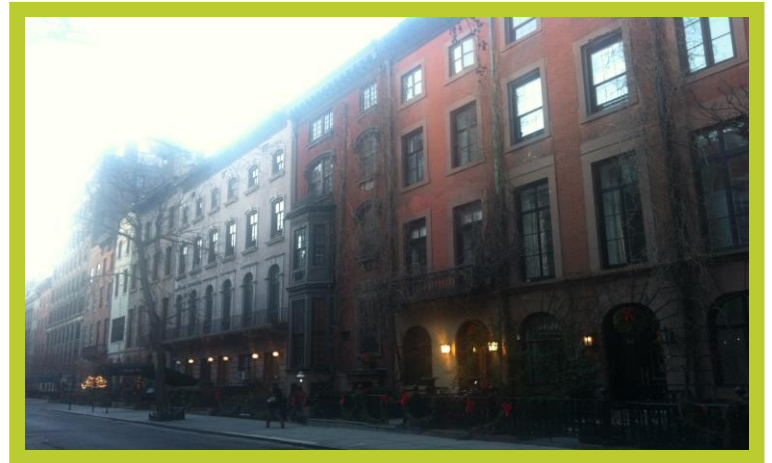
Anytime, but especially if there is a new physical or emotional symptom, a change in condition or life circumstances, or if you realize that an existing physical or emotional issue is causing you distress. Your body & mind are inseparable - where there is *dis-ease* in one, there will be *dis-ease* in the other. Core issues may be accessed via the mind by way of psychological modalities or via the body through physical modalities. The most comprehensive treatment involves both.

But I'm just here for Acupuncture...

Acute or chronic stressors will present as obstacles to complete health & wellness. Stress can eventually lead to depression, anxiety, decreased immune function, heart disease, digestive issues, weight gain, skin conditions, impaired memory & concentration, insomnia, etc. Give yourself the space to take care of your 'entire self' whether here or elsewhere. Clients may opt to add time to explore & resolve personal & life issues, learn relaxation strategies, improve communication skills, set personal & professional goals, & improve overall quality of life.

How can Acupuncture or Herbs help my Anxiety or Depression?

Most emotional symptoms manifest in the body in some way whether it be fatigue, excessive or loss of appetite, heart palpitations, chest tightness, stomach upset, muscle tension, or insomnia. Additionally, unhealthy coping strategies may develop such as smoking, food, drug, sex and alcohol addictions. Acupuncture & herbs can be helpful in treating many of these associated conditions.



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Services

- Acupuncture
- Custom Herbal Formulations
- Psychotherapy
- Life Coaching, Emotional Freedom Technique
- Cupping, Gua Sha, Electro-Acupuncture, Tui Na
- Biofeedback, Stress Management
- Essential Oils

Fees

Minimum session is 45 min = \$150
(each additional 15 min = \$50)
60 min = \$200
75 min = \$250
90 min (double session) = \$300
Discounts available for treatments in excess of 90 minutes per week
Sliding Scale available as needed